

In the Gourmet Spirit

A World of Fine Restaurants in Beijing

Lilian Lee



FOREIGN LANGUAGES PRESS

IN THE GOURMET SPIRIT

A World
of
Fine
Restaurants
in
Beijing

Lilian Lee



FOREIGN LANGUAGES PRESS

图书在版编目 (CIP) 数据

世界美食在北京: 英文 / 李幸娟著; 孙雷等译

—北京: 外文出版社, 2008

ISBN 978-7-119-05466-7

I. 世… II. ①李… ②孙… III. 餐厅—简介—北京市—英文
IV. F719.3

中国版本图书馆 CIP 数据核字 (2008) 第 118611 号

世界美食在北京

作 者: 李幸娟

英文翻译: 孙 雷 汪光强 周晓刚 冯 鑫

英文审定: May Yee 王明杰

责任编辑: 杨 璐

装帧设计: 北京华子图文设计公司

印刷监制: 张国祥

© 2008 外文出版社

出 版: 外文出版社

中国北京西城区百万庄大街 24 号

邮政编码: 100037

网 址: <http://www.flp.com.cn>

电 话: 008610-68320579 (总编室)

008610-68995852 (发行部)

008610-68327750 (版权部)

印 制: 北京外文印刷厂

开 本: 787mm × 1092mm 1/32

印 张: 8.5

2008 年第 1 版第 1 次印刷

(英)

ISBN 978-7-119-05466-7

09800 (装别)

85-E-662P

版权所有 侵权必究 有印装问题可随时调换

First Edition 2008

ISBN 978-7-119-05466-7

© Foreign Languages Press, Beijing, China, 2008

Published by Foreign Languages Press

24 Baiwanzhuang Road, Beijing 100037, China

<http://www.flp.com.cn>

Distributed by China International Book Trading Corporation

35 Chegongzhuang Xilu, Beijing 100044, China

P.O. Box 399, Beijing, China

Printed in the People's Republic of China



Foreword (1)

In the world of finance or more precisely investment banking, food is a particularly hot topic! The only “fish” we are comfortable with is to fish for companies or businesses! It’s the art of the deal rather than the art of the chef that matters! Not in China! The art of the deal is as important as the art of dining. In fact, as my Chinese friends will even say, having a fine dining experience is sometimes as important, if not more important than the deal! A fine dining experience is definitely the prelude to the deal. Or prelude to more deals. Deal origination can then be said to originate from the dining table especially after a few glasses of that deceptively harmless “bai jiu”!!

Over in China, dining is indeed an art form. Here, dining together is more than a gathering of fellow private equity professionals, deal makers or entrepreneurs. It is a social lubricant that builds relationships and strengthens ties that we so often take for granted or overlook. Through my exchange and interactions I have come to realize the real significance of China’s food culture! Over here, dining is a process. A journey. Not a destination.

You might ask, “What is that elusive dining experience?” To me, it

would encompass aspects that go beyond good food. As you might already find in the culinary capitals of the world, good food is a given, and that is the same in the majestic Chinese capital. A fresh, well prepared and adequately balanced dish of any cuisine is the very basis of this dining experience. An experience which cuts across cultural barriers and dare I say, literally puts differing political viewpoints on the backburner.

Points for this elusive experience stem from a slew of factors, both the tangibles and intangibles. From the decor, ambience, location, quality of service to cutlery, a restaurant's floor plan and table ornaments. The list could go on and on. But as I realize through my treks to the countless Hutongs and restaurants around the city, it is often the smallest of all details that serve as tipping points that takes one beyond a mere culinary experience – but a gastronomical feast beyond the stomach, one that nourishes both the body and the soul while at the same time making the process of dealing and wheeling all the more delectable, if not delicious.

Alas, how often do we all hear expressions like “gosh, the food is just too oily or has a ton of salt!”

This is where my colleague and good friend, Lilian, comes to the rescue. Lilian has brought together a definitive guide of what is currently the best of Beijing i.e. wholesome, healthy and yet delightfully delicious! But like any fast growing metropolis, I would expect Lilian to write revised editions of this guidebook and take both you and I on a journey that sets our senses alight!

*Victor Ng- Co-founder &
Group Executive Director of London Asia Capital Plc*



Foreword (2)

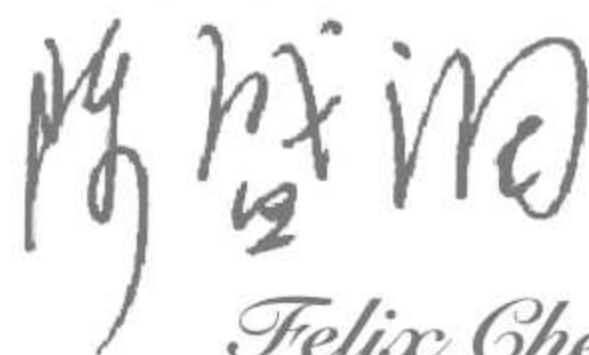
I have known Lilian for seven or eight years. She has always been an intellectual woman of the new age, who is conscientious toward work and diligent in pursuit of learning. I am familiar with her years of devotion to the protection of the Earth's resources and the natural environment, along with sustainable development of public welfare. I did not discover the gourmet in her until I read Lilian's writings effectively introducing the world's delicacies to be found in Beijing. In particular, her *In the Gourmet Spirit – a World of Fine Restaurants in Beijing* was selected by Chinese publishers for the series, "Good Food for Life Guides for the 2008 Olympic Games," and published in China and internationally in different languages. I really feel happy for her.

Food is a symbol of the culture and economic strength of a country. Attention to and improvements in food, in a sense, demonstrate the enhancement of national culture and progress of social enlightenment. Over the past 30 years of reform and opening-up, China has undergone rapid economic and consumer growth, accompanied by swift development and changes in its food culture, especially in its capital city of Beijing. People from other countries often marvel at and speak highly of dining in China for its increasing diversification, enrichment and delicacies, including the abundant variety in terms of local cuisines.



With a distinguished, all-embracing culture, Beijing has absorbed the many food cultures of the world. Such a diversified gathering of international cuisine is also evidence of the openness and broadmindedness of China. After its successful bid for the 2008 Olympic Games, Beijing became an international metropolis. Through the opportunity of hosting the Olympics, Beijing has become the focus of world attention, with its diversity and gourmet spirit also carrying forward Chinese culture. It is hoped that this book will not only serve as a gourmet's guide, but also introduce to the world, the open harmonious spirit of Beijing and the profoundness of all-embracing Chinese culture.

Hopefully, readers will get a chance to try all the restaurants mentioned in this book and join the "gourmet spirit movement." As Lilian says, "Delicious food is a way of living, and a way of savoring life." With sustainable development of the natural environment attracting greater worldwide attention, we hope that we will be able to join hands and help build an eco-friendly home through our own inner harmony and a gourmet's spirit toward life. We also look forward to the next and even more wonderful books on fine dining in Beijing by Lilian Lee.



Felix Chen

President of Sampo Group



Preface

A modern metropolis as well as historical capital of several ancient dynasties, Beijing is a blending of the old and the new, the East and the West, a fact perhaps best testified by the great diversity of local food. The city displays the cuisines of places from across the country as well as the world, each accompanied by the distinctive setting and service found at their origins. Everyone, whether with a penchant for haute cuisine or home-style cooking, has a choice of delightful places to eat.

I speak from my experience of treating a good number of friends who come to Beijing from all around the globe on business or sightseeing trips. I believe that the question of what, where and how to feed them has much significance in the demonstration of my hospitality. Exulting over my lush offers, many of my pampered pals suggest that I take them to still more restaurants in the city, and press me to promise further pleasant surprises for their palates during their subsequent visits.

In my opinion, one is most impressed by what one eats during a visit to a new place. In this sense, trying out different restaurants in Beijing is a way of learning more about the regions or countries where the cuisines come from. The delight of dining comes to a great extent from ease of mind, graceful settings and exquisite tableware. It is said that

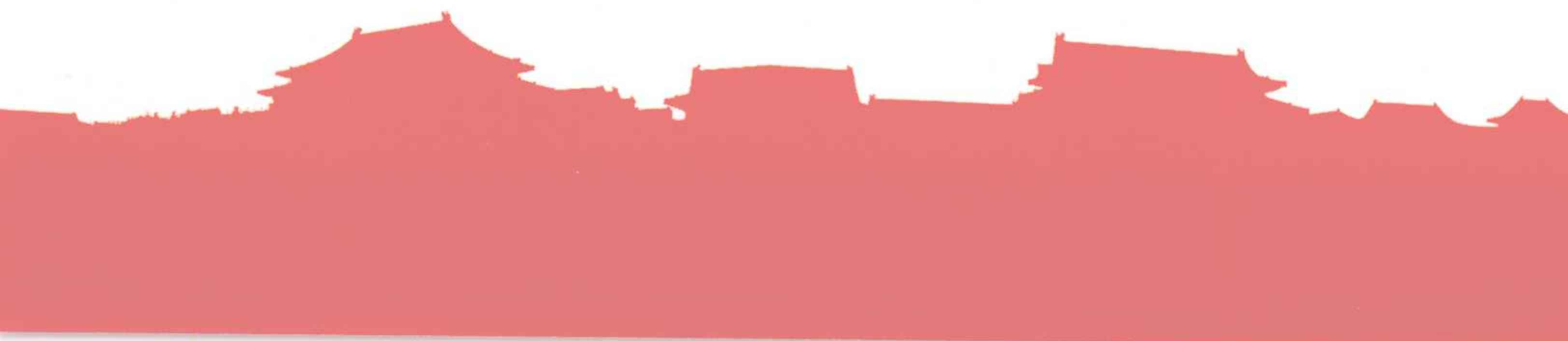


only a dish prepared with a sincere heart can truly and fully gratify the diners. The flip side of that is, a diner also cannot truly and fully appreciate a dish without a sincere heart. Good food is not only about good taste, but also about the culture, art and philosophy that lie at its root. Life is not complete without enjoyable food, which nourishes people's stomachs and hearts as well.

I never think of myself as a gourmet, despite the fact that I have visited hundreds of eateries during my six years in the city. But I believe I can give some good advices to those who are keen on dining and wining. I will be only too happy if this book can help enhance the pleasurable stays in Beijing of those who come for the Olympic Games.

I know Beijing through hunting out its diverse cuisines, along with the people and happenings I encounter in the course. That's a process full of pleasant surprises and revelations, during which I become fully involved in local life.

I feel grateful for the many kind suggestions for this book from my friends in and outside of China.



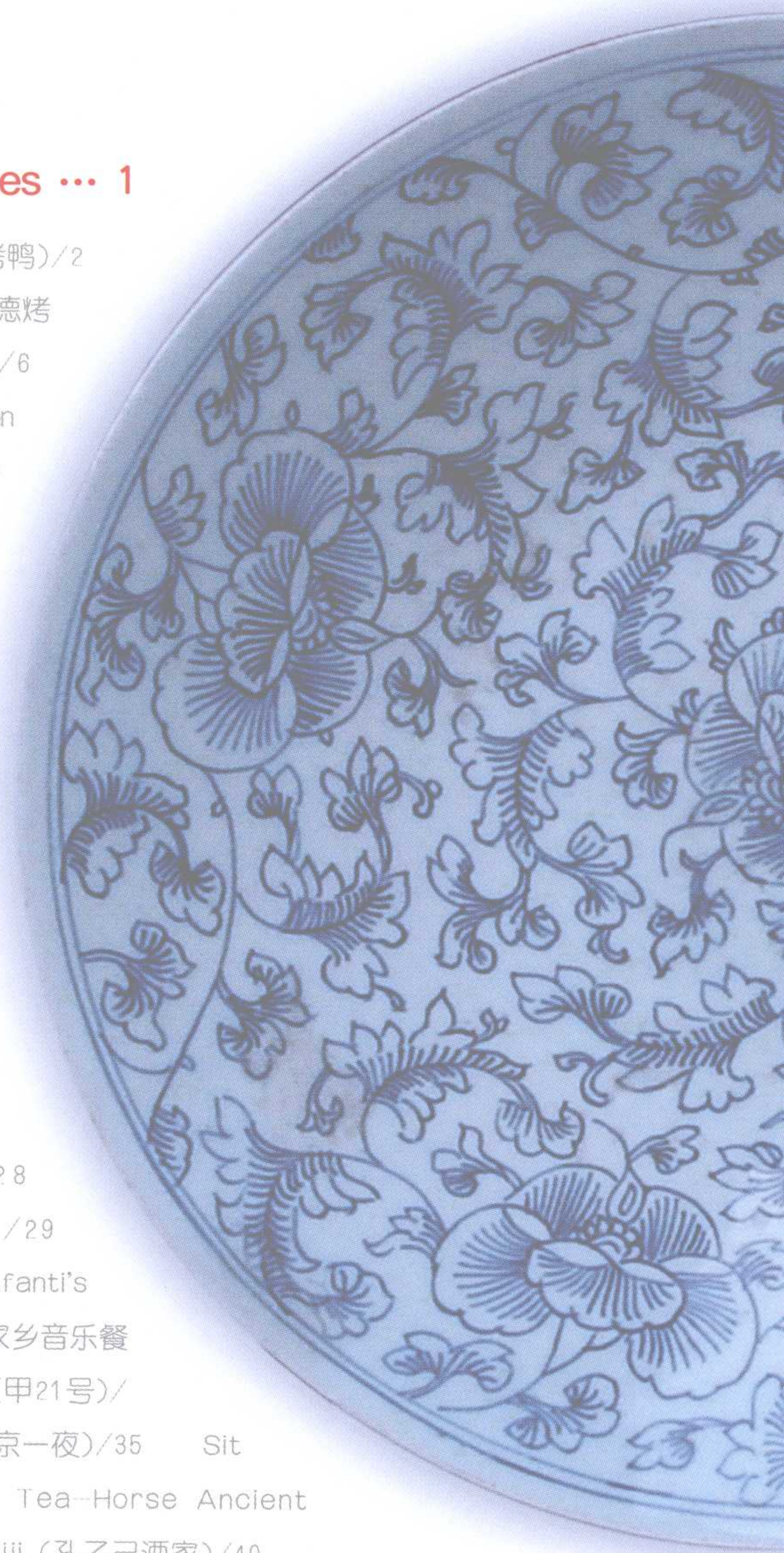


CONTENTS

Choice of Chinese Dishes ... 1

- Da Dong Roast Duck (大董烤鸭)/2
Quanjude Roast Duck (全聚德烤鸭)/4 Donglaishun(东来顺)/6
Manfulou (满福楼)/8 Hongyunxuan
(洪运轩)/9 Yuelu Shanwu (岳麓山屋)/10 Macao Image
(濠景轩)/12 Oriental Café
Taipan (东方大班) /13
Tenggeli-Tala (腾格里塔拉)/14 Jiumen Snacks
(九门小吃)/16 Fengzeyuan
(丰泽园)/18 Jingucang
(金谷仓)/20 Tanyoto
(谭鱼头)/21 Yuxiang
Renjia(渝乡人家)/22
Fanqian Fanhou (饭前饭后)/
24 Shin Yeh (欣叶)/26 No.
4 Kitchen (四号厨房)/28
Gaisang Medog (格桑梅朵)/29
Makye Ame (玛吉阿米)/30 Afanti's
Hometown Cabaret (阿凡提家乡音乐餐
厅)/32 Jia 21 Guesthouse (甲21号)/
34 One Night in Beijing (北京一夜)/35 Sit
and Forget (一坐一忘)/36 Tea-Horse Ancient
Road (茶马古道)/38 Kong Yiji (孔乙己酒家)/40

Top Eight Chinese Cuisines ... 42



International Cuisines ... 45

- 
- Pili Pili (比力必利非洲风情餐吧)/46 1001 Nights (一千零一夜)/48
Obelisco (阿根廷烤肉)/50 Morel's (莫劳龙玺)/52 Goose
"N" Duck (鹅和鸭)/54 Brasserie Flo Beijing (福楼)/
55 Fauchon (馥颂)/56 Firstar Parfum (浮士
德)/58 Der Landgraf (兰特伯爵)/60
Schindler's Tankstelle (申德勒加油站)/62
Athena (雅典娜)/64 RAJ (拉兹印度
音乐餐厅)/66 The Tandoor (天都
里)/68 Annie's (安妮)/70
Assaggi (尝试)/72 Q's Café
(素封)/73 Hatsune (隐泉)/
74 JIANGTAI WUER (将太无
二)/76 Len Len (联联)/
77 Sushi Yotsuba (四叶)/
78 Shan Fu (山釜)/80
Sorabol (萨拉伯尔)/81
Shoufucheng (寿福城)/82
Nina (妮妮娅)/84 Mexi-
can Kitchen (墨西哥厨房)/
86 Elephant (大笨象)/88
Moscow Restaurant (莫斯科
餐厅)/90 Petersburg Res-
taurant (彼得堡餐厅)/92
Chenfuji (陈福记)/94 Alameda
(茵茵)/96 Garden of Delights
(饕餮源)/98 Mare (古老海)/99
Tapas (达帕世)/100 Banana Leaf (蕉
叶)/102 Pink Loft (粉酷)/104 Very Siam
(暹罗泰)/106 Istanbul (伊斯坦布尔)/108
Friday's (星期五)/110 Alfa (拉米熊)/112 Nuage
(庆云楼)/114

Famous Chinese Teas ... 116

Choice Restaurants ... 119

21st Floor Restaurant (二十一层餐厅)/120 Brazilian Churrascos (巴西烤肉餐厅)/122 Café Cha (香格里拉咖啡)/124 Café Swiss (瑞士咖啡厅)/126 Cuisine Gallery (凯涛餐厅)/127 Danieli's Restaurant (丹尼艾丽斯意大利餐厅)/128 Horizon Chinese Restaurant (海天阁)/130 Jaan Restaurant (加安法餐)/132 Kempinski-Paulaner (凯宾斯基啤酒坊)/133 Le Pré Lenôtre, Sofitel Wanda (法餐厅)/134 Noble Court (悦庭)/136 Ritz-Carlton Gi Restaurant (金阁)/138 Sakura Japanese Restaurant (樱日餐厅)/140 Sampan Restaurant (凯莱船餐厅)/142 Steak Exchange ("巨"扒房)/143 Summer Palace (夏宫)/144 Traders Café (三江咖啡厅)/145 The Peninsula Beijing (皇庭)/146

China's Renowned Liquors ... 148

Business Dining ... 151

South Beauty Lan Club (俏江南)/152 Shen Ji Soups (沈记靓汤)/154 Ah Yat Abalone (阿一鲍鱼)/156 Tang Palace Seafood Restaurant (唐宫海鲜舫)/158 Dintaifung (鼎泰丰)/160 Lu Lu Restaurant (鹭鹭酒家)/162 Merrylin (美林阁)/164 Wahaha Restaurant (娃哈哈)/166 Zhang Sheng Ji (张生记)/168



Private Dining ... 173

- 
- Bellagio Café (鹿港小镇)/174 China Lounge (唐廊)/175 Golden Jaguar Buffet (金钱豹)/176 Gourmet Room (古镇煌)/178 Hado Tepanyaki Cuisine (花渡铁板烧)/179 Le Quai (有璟阁)/180 My Humble House (寒室)/182 Passby Restaurant (与食巨近)/184 Renjian Xuanba (人间玄八)/186 Rose House (玫瑰园)/188 Santosa Tea Garden (圣陶沙茶楼)/190 Sculpting in Time Café (雕刻时光)/191 Shan Zhai (善斋)/192 The American Café (博平咖啡)/194 Wang Steak House (王品台塑牛排)/196 Xiaowang's Home (小王府)/198 Yuanding Tepanyaki (原鼎)/200 Zone de Confort (逸生活)/202

Seasonal Dietary Regimen

... 204

Siheyuan Courtyard Gastronomy ... 207

Beiji Ge (北极阁)/208 Fangshan Restaurant (仿膳)/210 Gui Gong Fu
Restaurant (桂公府)/212 Jinyang Restaurant (晋阳饭庄)/
214 Lai Jin Yu Xuan (来今雨轩)/216 Mei Mansion
(梅府家宴)/218 Red Capital (新红资)/220 Tian
Di Yi Jia Restaurant (天地一家)/222 Ritan
Inn House (日坛会馆)/224 Princess
Mansion (格格府)/225

Simple Health Maintenance Exercises...226

Vegetarian Vibrancy ... 229

Baihe Vegetarian Restaurant (百合素食)/230
Cihai Suxin (慈海素心)/
232 Lotus Pond in
Moonlight (荷塘月色)/234
Pure Lotus Vegetarian
Restaurant (净心莲)/236
Xuxiangzhai Vegetarian Restaurant (叙香斋)/238

Everyday Secrets to Robustness...240

Index ... 242

Postscript

Acknowledgement



Choice of Chinese Dishes

When for the first time in my life I frolicked on a dining table, I found myself filled with joy as I found full expression for my passion. It is not bad to do something extraordinary every now and again. Don't be afraid of being different, and never hesitate to try something new. Life is an adventure itself.